

What You Need to Know

Growing up in a healthy home is an important part of your child's development. Test your child and home for lead to prevent lead poisoning.

What's So Bad About Lead?

Lead can cause:

Behavior Problems

Learning Disabilities

Hearing Damage

Speech Delays

Lower Intelligence

How Do I Know if My Child Has Lead Poisoning?

- Most young children with lead poisoning do not look or act sick.
- The only way to tell for sure if your child has lead poisoning is to have their blood tested.
- Talk to your child's doctor about a blood lead test for your child. Maine requires all children be tested at 1 and 2 years of age.

What Causes Lead Poisoning in Children?

Lead dust comes from old lead paint as it breaks down, is damaged, or disturbed during everyday use or home repairs.



Lead dust gets on children's hands, toys, and pacifiers which they then put in their mouths.



Dust from lead paint in older homes is the most common cause of childhood lead poisoning in Maine.

It's easy for dust from lead paint, lead-based paint chips, and soil with lead in it to end up in a child's mouth.



Why are Young Children at Greatest Risk?

- Lead dust can be on floors, windowsills, and places where kids put their hands and play.
- Children, especially those under age 3, often put their hands in their mouths and crawl on the floor. This makes it very easy for lead dust to get into their mouths.
- A tiny amount of lead dust can harm a young child. Children are more likely to be harmed by lead because their bodies and brains are still growing.

Protect your family. Test your child. Test your home.

- Check out this website: maine.gov/healthyhomes
- Call for advice: 866-292-3474, TTY: Call Maine Relay 711



Simple Steps to Keep Your Child Safe from Lead

Find the Lead in Your Home

- If you live in a home built before 1950, order a free lead dust test kit from maine.gov/healthyhomes. This will help you find out if you have lead dust in your home.
- Check painted windows, doors, and floors for peeling, flaking, or chipping paint. Keep children away from any areas with damaged paint. Use furniture to block areas.
- Tell your property manager or owner about damaged paint so that it can be fixed safely.
- Learn how to control lead dust before you begin any home repair or painting project.
- Hire an “EPA-certified RRP contractor” to do the work. Learn more at epa.gov/lead.

Wash Away Lead Dust

- Clean floors, windowsills, and tabletops with wet mops or disposable rags once a week. Brooms, dry cloths, and vacuums without HEPA filters spread lead dust.
- Wash your child’s hands with soap and water before eating or sleeping.
- Wash toys once a week and keep toys away from areas with chipping paint.
- Wash pacifiers and bottles if they fall on the floor before giving them to your child.

Don't Bring Lead Into Your Home

- If you work with lead at your job, change your shoes and clothes right away. Wash work clothes separately from family laundry. Take a shower before touching your child.
- Use a doormat to keep the dust out of your home and leave your shoes at the door.
- Make sure any antiques or painted old toys are in good condition and keep them out of reach of children. Avoid using folk or herbal remedies that may contain lead.

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